

Jordaan Dojo 5th & SKA 41st Interclub training session

Day 1 - Thursday 28th of November 2024

<u>Time:</u>	<u>Activity:</u>	<u>Kenshi:</u>
18:30	Front door opens. Changing into Gi	All
19:00	Line up Introduction to guest Sensei & 4 day objectives	Mark PK all BM
19:10	Taiso - Warming up	Mark
19:20	Loose Goho Randori - building up to counter attack Loose Hangetsu & Kakete shuho balance practice	PK - all BM PK - all BM
19:30	Kihon Practice all Gamai & fine tune Kiai / Kisai / Happomaku Byakuren ken selection incl Tsuki & Geri counter attacks Jukenshi Tenchken 1 tm 4 & Giwa ken 1 & 2 Yudansha Tenchken 5 tm 6 Tan'en/sotai - Manji no Kata	PK & Mark PK Floris Jaap/Fede
19:55	Chinkon Gyo	Mark & PK
20:00	Water break	
20:05	Hōwa: Ki-jitsu attitude in Embu demonstration	PK
20:15	Taiso	Jasper
20:20	Pair form Embu grading preparation: Split into cohort groups according to upcoming Ōbi grading 6 th tm 5 th kyu 4 th Kyu 3 rd kyu 2 nd kyu 1 st kyu Shodan	BM/A
20:40	Yudansha Kumi Embu demonstration	Paul/Mark
20:45	Cohort Demonstration of Kyu Pair form Embu grading	All
21:10	Seiho	PK & Cleo
21:30	Cool down	Mark
21:45	End	
22:00	Celebration drink at P96	